



Optimal Terminology for Equine-assisted Services

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Optimal Terminology for Services in the United States That Incorporate Horses to Benefit People: A Consensus Document

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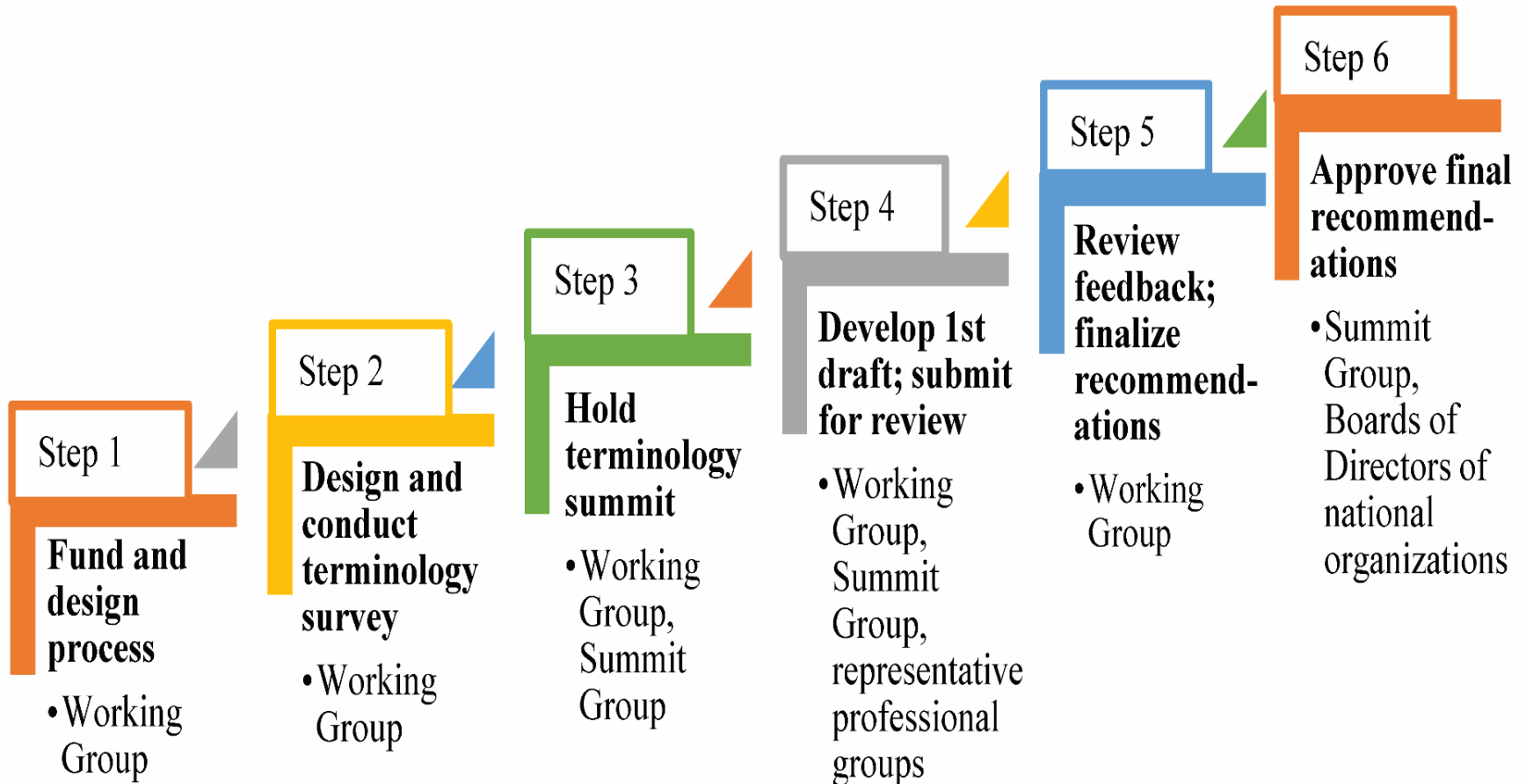
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Why Optimal Terminology?

To reduce confusion and better meet the needs of the following stakeholders:

- Consumers – individuals, and organizations
- Researchers – increasing the credibility of all Equine-assisted Services (EAS)
- Service Providers – clarity about services offered and addressing liability
- Service Funders – insurance and philanthropic funding

Consensus-building Process



Wood, Alm, Benjamin, Thomas, Anderson, Pohl & Kane (2020). Optimal terminology for services in the United States that incorporate horses to benefit people: A consensus document. *Journal of Alternative & Complementary Medicine*.

Unifying Term



**Equine-assisted
Services**

THERAPY

Counseling
Occupational Therapy
Physical Therapy
Psychotherapy
Speech-Language Pathology

LEARNING

Equine-assisted Learning in Education
Equine-assisted Learning in Personal Development
Equine-assisted Learning in Organizations

HORSEMANSHIP

Adaptive Equestrian Sport
Adaptive Riding or Therapeutic Riding
Driving
Interactive Vaulting

Equine-assisted Services

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Therapy

Therapy-first Language

**Counseling
Occupational Therapy
Physical Therapy
Psychotherapy
Speech-Language
Pathology**

Examples Of Therapy-First Language

- physical therapy using equine movement
- psychotherapy incorporating horses

Or

- occupational therapy in an equine environment



Learning

**Equine-assisted Learning
in Education**

**Equine-assisted Learning
in Organizations**

**Equine-assisted Learning
in Personal Growth**

Horsemanship

**Therapeutic
Riding/Adaptive Riding**

Interactive Vaulting

Driving

**Adaptive Equestrian
Sports**

Terms Recommended for Discontinuation

- Equine Therapy
- Equine-assisted Activities and Therapies
- Equine-assisted Therapy
- Equestrian Therapy
- Hippotherapist
- Hippotherapy Program
- Horse Therapy
- Therapy Riding

Summary



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